

# Empowered Parenting

When children have the right amount of agency within the parent-child dynamic, it enables their mental well-being. They will simultaneously see their parents as leaders they can trust, and will learn to trust their own decisions. However, when there are power struggles between a child and a parent, it can cause stress and tension for everyone. Do you give your child too much power over you?

Check all that apply. If you check off more than a couple of the points, your child-parent dynamic may be imbalanced.

- I often ignore my child's poor behavior because they will just do what they want regardless of what I say.
- My child is given an *equal* vote in my decision-making process about matters related to the family.
- I prefer to be more of a friend to my child than an authority figure.
- My child is able to make me change my parenting decisions and choices.
- I use bribery to make my child listen to me.
- I often find myself on the back foot or justifying my parenting choices to my child.
- My child does not ask for my permission before doing something.
- I am uncomfortable being in charge.
- I struggle to enforce natural consequences for my child.
- I find it difficult to know where parent-child boundaries should lie.

To learn more, read our blog post, **6 Things Empowered Parents Do**.  
For further assistance, consider reaching out to us.